



# THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER  
Supporting Family After a Child Dies



June/July 2015

## Upcoming Events

July 16th - General Meeting - 7:00 p.m. - First Baptist Church  
August 20th - Balloon Release - Friendship Gathering - 7:00 p.m. - First Baptist Church

## STEERING COMMITTEE

**CHAPTER LEADER - ACTING**  
LARAINÉ ASARO-ANDERSON  
Son, Michael Edward Anderson

**MAILINGS & DATABASE**  
JANE & STEVE GABRIEL  
Son, Jonathan Steven Gabriel

**SECRETARY**  
LEONIE CRAMER  
Son, Julian Anthony King

**TREASURER**  
YVETTE THOMPSON  
Son, Ryan Barry Thompson

**NEWSLETTER EDITOR &  
EMAILINGS**  
STEWART LEVETT  
Son, Aaron Paul Levett

**SC MEMBER/FACILITATOR**  
BOB THOMPSON  
Son, Ryan Barry Thompson

**SC MEMBER/LIBRARIAN**  
CHAELE CHRISTIANSON  
Son, Damon Vincent Christianson

**SC MEMBER/WELCOME PACKETS**  
LETA LEVETT  
Son, Aaron Paul Levett

## TELEPHONE FRIENDS

Any of these members may be contacted to talk about your loss:

### CHAPTER LEADER - ACTING

LARAINÉ ASARO-ANDERSON \* 351-7653

**DRUG / ALCOHOL LOSS**  
STEWART & LETA LEVETT \* 531-5488

### TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON \* 573-2743

**LEUKEMIA**  
JANE & STEVE GABRIEL \* 282-1924

### ADULT CHILD / SUDDEN DEATH

CHAELE CHRISTIANSON \* 687-6688

**SUICIDE**  
LARITA ARCHIBALD 596-2575

**SKATEBOARD / AUTO ACCIDENT**  
RAYE WILSON (303) 814-9478

*Please feel free to contact any of these Steering Committee members if you can not reach our Chapter Leader. \**

## ORGANIZATIONAL CONTACTS

TCF National Office  
P.O. Box 3656  
Oak Brook, IL 60522  
630-990-0010 or toll free 877-969-0010



EMAIL: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

### WEBSITES:

Pikes Peak - [www.TCFPikesPeakChapter.org](http://www.TCFPikesPeakChapter.org)  
Facebook - <https://www.facebook.com/TCFPikesPeak>  
National - [www.compassionatefriends.org](http://www.compassionatefriends.org)



### *Welcome*

Our support group meets on the 3rd Thursday of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We meet at the **First Baptist Church** downtown at 317 E. Kiowa. We understand your pain; won't you let us help you through your grief?

**Our next meeting will be on July 16, 2015.**

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our Telephone Friend program, our library and our e-mail program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community.

**You Need Not Walk Alone.**

## Support Resources

### TCF Online Chat Groups:

[www.compassionatefriends.org/resources/online\\_Support.aspx](http://www.compassionatefriends.org/resources/online_Support.aspx)

- For questions, please contact Diana Jorden, 925-432-3854, who moderates the general grief and suicide loss rooms on Friday nights and Sunday. TCF online offers several specialized chat rooms, all moderated by moms who have been in chat for at least 2 years or more. We offer a sibling-only chat, loss under 1 year, loss over 2 years, loss of only child, suicide survivor, infant/pregnancy loss, and every night (and Monday mornings) there is a general loss room open to parents, step and grand, and siblings.
- You can sign up for the online TCF National newsletter at [www.compassionatefriends.org](http://www.compassionatefriends.org)
- You can reach our TCF National Facebook page through the link on the same home page of our national website. You will be asked to join Facebook if you are not already a member, and we hope you'll find our Facebook page as interesting as do the more than 11,000 fans who have already found us!



**The Compassionate Friends is pleased to announce that Dallas, Texas, will be the site of the 38th TCF National Conference on July 10-12, 2015.**

**"Hope Shines Bright ...Deep in the Heart" is the theme of this year's event, which promises more of last year's great national Conference experience. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. Plan to come and be a part of this heartwarming experience.**







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Chaela Christianson in memory of  
***Damon Vincent Christianson***  
DOB: May 30th - Anniversary: July 3rd



## **Damon Christianson**

*May 30, 1977—July 3, 2010*

Damon Christianson of Woodland Park went home to his Lord on July 3, 2010. Although ill for several years with chronic MRSA, he died from a congenital abnormality of his right coronary artery. Damon was born at Ft. Carson, Co. on May 30, 1977. He is survived by his mother, Michaela; grandparents Carl and Marjorie, and numerous aunts, uncles, and cousins.

He attended Ute Pass Elementary and Woodland Park Schools, and was graduated from WPHS in 1994 having been named to "Who's Who Among American High School Students." Damon loved to travel and learn, and attended various colleges including PPCC, UCCS, and the University of Otago in Dunedin, New Zealand. Recently, he was interested in pursuing a career in prostheses as a way of "giving back, and providing cool stuff that works."

Damon was an avid adventurer, and during his lifetime had a passion for many sports including kayaking, mountain bike riding, rock climbing, snowboarding, motocross, hockey, baseball, and Tae Kwon Do. He studied under ex-Olympic coach, Sang Lee, achieved the rank of black belt, qualified for, and participated in the National Junior Olympics when he was a youth.

Damon's choice of music was eclectic: blues, jazz, rock, country, heavy metal, Christian, reggae, and "sick 'ol hip hop." He loved playing guitar, bands, and concerts, and now is probably auditioning in heaven.

Damon has been a member of Calvary Worship Center in Colorado Springs since Christmas Day, 2005 when he felt he was "home." He was welcomed by the Men's Ministry, and Most Excellent Way fellowship where he was the recipient of unconditional love, acceptance, and support. Damon continuously strived to develop, increase, and strengthen his personal relationship with our Lord and Saviour, Jesus Christ. Damon's perseverance, tenacity, and courage, coupled with genuine humility and gratitude for his many blessings, were an inspiration to all with whom he came in contact.

Damon's family expresses its lifelong gratitude and appreciation to the myriad medical personnel, social agencies, churches, schools, businesses, fellowships, and friends who worked so tirelessly to save his life and limbs, and bring him to a place where once again, albeit a short time, he could participate in the activities he so enjoyed.



## Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Benjamin Stewart Easton	Jun 3	Susan Stewart
Madalynn Ann Bergevin	Jun 3	Mollie Bergevin
Paul Kovacevic	Jun 3	Mary Kovacevic
John Doles	Jun 6	James & Susan Appleman
Renee Lee Seiberlich	Jun 6	Joe & Leda Seiberlich
Douglas Chadwick, Jr.	Jun 6	Deborah Chadwick
Tyler Schmidt	Jun 6	Valerie & Jeff Schmidt
Sandra Steckiel	Jun 10	Beth Steckiel
Mindy Baker	Jun 10	Terri Baker
Yancy Hufford	Jun 13	Patty & Larry Hufford
Andrea Mischel	Jun 14	Gary & Jerri Zimmerman
Matthew Flint	Jun 14	Cathy Flint
Carl Simco	Jun 14	Loretta Chancellor
Jessica Robison	Jun 14	Terri Robison
Forrest Kelly	Jun 16	Cindy Bronner
Gryphen Barber	Jun 16	Sean Barber & Cherie Barledge
Giorgiana Elizabeth Gordillo	Jun 16	Jennifer Gordillo
Nathan Gentry	Jun 16	Susan Gentry
Laura Dean	Jun 17	Barbara Dean
Jason Bradford Pfeif	Jun 17	Chris & Brad Pfeif
Michael Jeffery Micke	Jun 18	Alice Micke
Jay William Sheridan	Jun 18	Mary & Tim Sheridan
Jim Eley	Jun 19	Judy Eley
Jeanne Burroughs Widmar	Jun 20	Arlene & Charles Burroughs
Richard McShan	Jun 20	Paul & Angelika McShan
Dennis Lynn Gerringe	Jun 21	Kim Gerringe
Adam J. Hurst	Jun 25	Kim Troeger
Robert Beynon	Jun 25	Donna Beynon
Kirsten Evelyn Cornell	Jun 26	Will & Marion Cornell
Noah R. Wilkerson	Jun 26	Sarah Wilkerson
Kyleigh Peltzer	Jun 26	Ashleigh Seltzer
Amy Feight	Jun 27	Patty & Bill Feight
Scott David Stiegelmeyer	Jun 27	Betty Stiegelmeyer
Jason Nathaniel Lurch	Jun 28	Kathleen & John Lurch
Jimmy Schmidt	Jun 28	Jim & Laurie Schmidt
James Bishara	Jun 28	Phebe Bishara

If you would like to have an article, poem, etc. printed in our newsletter, please mail to TCF- Pikes Peak Chapter, PO Box 51345, Colorado Springs, CO 80949 OR e-mail to: [pikespeaktcf@gmail.com](mailto:pikespeaktcf@gmail.com)  
We will get your submission in our next publication, room permitting.







## Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Evan Carara	18 years	Jun 2	Cindy & J.D. Carara
Madalynn Ann Bergevin	1 day	Jun 3	Mollie Bergevin
Billy E. Hendrickson	19 years	Jun 3	Grace & Delbert Hendrickson
Aaron Steffens	36 years	Jun 5	Lynn Nickel
Sean O'Connor	20 years	Jun 5	Dennis & Tracy O'Connor
Anton "Andy" George Horn	13 years	Jun 6	Levi & Emma Horn
Mindy Baker	41 years	Jun 7	Terri Baker
Robert (Robby) George, Jr.	48 years	Jun 7	Robert & Margaret George
Ashley Meston	14 years	Jun 7	Jerry Meston
Jon Van Pelt	21 years	Jun 8	Claudette Van Pelt
Nicole Johnson	34 years	Jun 10	Sherry Turner
Sandra Steckiel	4 days	Jun 13	Beth Steckiel
Arthur Lipphardt Jr	24 years	Jun 15	Art & Chris Lipphardt
Gryphen Barber	1 day	Jun 16	Sean Barber & Cherie Barledge
Erica Lynn Groat	26 years	Jun 16	Linda Groat
Ryan Sayers	20 years	Jun 16	Tom & Kate Sayers
Vinnie Franz	18 years	Jun 17	Barb Franz
Michael Jeffery Micke	1 day	Jun 18	Alice Micke
Giorgiana Elizabeth Gordillo	4 days	Jun 19	Jennifer Gordillo
Sara Hernandez	21 years	Jun 19	Kayhy Hernandez
Kyle Lyon	31 years	Jun 19	Tami Lyon
Kyle Joe Manning	11 years	Jun 19	Carol & Don Manning
Abbi Rose Starzynski	2 years	Jun 20	Sherry Starzynski
Tucker Ray Graef	14 years	Jun 21	Kathy Graef
Nicholle Guy	14 years	Jun 22	Lezlee Guy
Karen Sue Crawford	16 years	Jun 23	Joy Andrews
James Michael Burroughs	43 years	Jun 24	Arlene & Charles Burroughs
Andrea Mischel	30 years	Jun 25	Gary & Jerri Zimmerman
Jay Simco	58 years	Jun 26	Loretta Chancellor
Dale Smith	9 years	Jun 26	Angela Smith
Daniel J. Whisler	38 years	Jun 27	JoAnn Mowdy
Tyler Joseph Budfuloski	2 years	Jun 28	Rob & Alice Budfuloski
Anthony James "Tony" Pisor	25 years	Jun 28	Cynthia Pisor-Zapel
Stephen Lucas Tyler	19 years	Jun 28	Catherine Tyler
Kade Riefenberg	19 years	Jun 29	Andy Gibson
Kimberly Ann Hayes	22 years	Jun 30	Patty & Patrick Hayes
Nick Naples	17 years	Jun 30	Laurie Naples
Colby McCarley	17 years	Jun 30	Tami Sisneros
Noah R. Wilkerson	5 days	Jun 30	Sarah Wilkerson



Carol & Don Manning  
in loving memory of  
***Kyle Joe Manning***





## Love Gift Donations

A "Love Gift" is a wonderful way to remember your child, while also helping our TCF chapter "reach out" to bereaved families. There is no charge to attend meetings, use the library, or receive the newsletter. We depend solely upon these gifts, monetary or gifts-in-kind, to support our chapter. You may choose to donate a tax deductible "Love Gift" at any time. Let us be here for the families who do not know today that they will need us tomorrow.

Our chapter exists entirely through your donations which are tax deductible. A Love Gift is money donated to the chapter in memory of your child who has died. If you feel a Love Gift is an appropriate way to honor the memory of your child, please consider a donation, large or small. Please fill out the form located in this newsletter and mail it to the address listed. All pictures submitted will be returned unless you specify for us to keep them and place them on our Child Remembered board displayed at monthly meetings.

### SUBMISSION GUIDELINES

**\$50 or more** - Newsletter Sponsor. May include a full page for printing. Please remember to send your page "Copy Ready" as you would like to see it printed in the newsletter.

**\$0 to \$50** - A picture, if available, and dedication to be listed in the newsletter. Love Gift donations should be sent directly to our treasurer, Yvette Thompson whose address is listed on the Love Gift Donation Form. *Wouldn't you like to make a dedication to your child and help our chapter?*

⇒ **Send Love Gifts to Yvette Thompson, 5012 Rocking R Dr., Colorado Springs, CO 80915** ⇐

**Thank you for contributing and supporting the work of our local chapter!**

## LOVE GIFT DONATION

**Costs are rising. We need your Love Gift to support our chapter & newsletter! If you can, please help.**

I would like to make a donation ☐ in Memory of

☐ a Chapter Gift

**In loving memory of:** \_\_\_\_\_

**Love Gift Donation:** \$ \_\_\_\_\_ Please make check payable to: The Compassionate Friends

Cut and mail this form with your Love Gift to: Yvette Thompson – 5012 Rocking R Dr. – Colorado Springs, CO 80915

**Contributor Name & Address:** \_\_\_\_\_

**Relationship:** ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

**Photo Enclosed:** ☐ Yes ☐ No

**Photo To Be Returned:** ☐ Yes ☐ No

### TO OUR NEW MEMBERS

Coming to your first meeting is the hardest thing to do. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person or just the right words that will help you in your grief or comfort you.

Remember we have all been there and even though circumstances may be different we really do understand. You are not alone

### TO OUR SEASONED MEMBERS

We need your encouragement and support. You are the string that ties our group together. Each meeting the pain will not always be this bad it really does get better with wisdom. Show others that there is hope, from someone who has found it.



So surreal  
Yet so so real  
And only those who've walked our  
walk know just how we feel.  
And off to heaven you had to go.  
Our precious Devin we miss you so  
Although your spirit is always near  
It's so very hard without you here.

WE MISS YOU !!!

Love,  
Mom Dad Brandon Dean



Steve, Debbie, Brandon & Dean  
in loving memory of  
***Devin John Seifert***

### GRIEVING IN PAIRS

Gerry Hunt, TCF, White River Junction, VT

How many times have people said, —Well, thank God you have each other. How many times have you felt —each other to be entirely inadequate at meeting your needs?

Alarming statistics are available telling us of the rocky road parents encounter in their marriage after the death of a child. We sometimes see in ourselves a touchiness or quickness to become irritated that wasn't there before. It always seems that my —bad day is my wife's —good day, or the day she wakes up crying was the day I had planned on playing tennis.

Or sometimes, even more difficult, we both have a bad day and find no help from the other in pulling things back together. How can one person hold up another when he is himself face down in the mud?

Every person grieves differently. This is a rule that even applies within a family. And the needs of every individual are different. While you may need to talk and talk and talk, your spouse may need some time alone to reflect inwardly.

You have both been through the worst experience of your life. And while at times you can face recovery as a team, sometimes you must develop the patience to be able to wait out certain needs alone or with someone else. Realize that no matter how it is shown, your partner hurts, too.



## Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Ryan Thompson	Jul 1	Yvette & Bob Thompson
Charlie Josh Jones	Jul 1	Angie Jones & Sue Jones
Sean Michael Benjamin	Jul 1	Kathy Benjamin
Steven Bondurant	Jul 1	Karen Bondurant
Timothy Scott Williams	Jul 3	Lea Blanc
Karen Sue Crawford	Jul 4	Joy Andrews
Sean Thompson	Jul 5	Rick Korcsog & Frankie Thompson
Lisa Elaine Berns	Jul 6	Robert (R.J.) & Lynn Berns
Chris Gettle	Jul 6	Kathlene Gettle
Kyle Joe Manning	Jul 7	Carol & Don Manning
Blake Smith	Jul 8	Brian Smith
Anthony James "Tony" Pisor	Jul 10	Cynthia Pisor-Zapel
Cristoval Ornelas	Jul 13	Annette & Chris Ornelas
Jack Lincoln Farrell	Jul 13	Pamela Welch
Travis Holappa	Jul 14	Kim & Terry Packa
Eli Witcher	Jul 16	Phyllis Lallier
Cris Cruz	Jul 19	Henrietta Madrid
Dale Smith	Jul 20	Angela Smith
Ryan Sayers	Jul 20	Tom & Kate Sayers
Tiffany Maxwell	Jul 20	Diane Maxwell
Justin William Winner	Jul 21	Dale & Rosanne Winner
Brian Patrick Adair	Jul 21	Duane & Mary Adair
Arthur Lipphardt Jr	Jul 23	Art & Chris Lipphardt
Craig Matthews	Jul 24	Cathy Genato
Amanda Stocchero	Jul 24	Sandy Stocchero
Keltryn Lenae Brinkman	Jul 25	Jim & Judy Brinkman
Alexander Pegler	Jul 26	Eric & Lisa Pegler
Mallory Jane Hooper	Jul 28	Bill & Beth Hooper
Michael Williams Greist	Jul 28	Judy Greist
Scott Michael Gerwatowski	Jul 28	Linda Gerwatowski
Michelle Howie	Jul 31	Annette Howie



Chaplain

**Gene Steinkirchner**  
**CSPD**







## Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Kyleigh Peltzer	1 year	Jul 2	Ashleigh Peltzer
Andrew Paul Whiteman	20 years	Jul 2	Lyle Whiteman
Damon Vincent Christianson	33 years	Jul 3	Chaela Christianson
Heidi Susanne Wolfe	20 years	Jul 3	David & Karen Wolfe
Adam Roy Hodges	5 years	Jul 4	JoAnn Ewing
Ramon E.G. Lucero	26 years	Jul 5	Diana & Kimber Michael
Devin John Seifert	21 years	Jul 5	Steve & Debbie Seifert
Nicole Megan Yagi	9 years	Jul 5	Jackie & Dennis Yagi
Jay Aguanno	19 years	Jul 7	Jean Aguanno
Kaitlin Bartlett	17 years	Jul 8	Kim Bartlett
Shannon Diane McMahon	16 years	Jul 9	Robert & Jeanette McMahon
Jack C. Jefferson	5 years	Jul 11	John & Dena Jefferson
Abigail Ruth Smelser	23 years	Jul 11	Robin Myers
Chance Tyler Nichols	17 years	Jul 11	Charlie Nichols
Cristoval Ornelas	1 day	Jul 13	Annette & Chris Ornelas
Christopher Skaggs	15 years	Jul 13	Ernest & Tanya Skaggs
Jack Lincoln Farrell	1 day	Jul 13	Pamela Welch
Zachary Dean Glenn	3 years	Jul 14	Janice Bren / Kristin & Larry Glenn
Eric Paul Deming	27 years	Jul 14	Denise Deming
Avery Keirse	2 months	Jul 14	Carissa Keirse
Kristopher Lohrmeyer	17 years	Jul 16	Dan & Lori Lohrmeyer
Eli Witcher	2 days	Jul 17	Phyllis Lallier
Blake Smith	1 year	Jul 17	Brian Smith
Jeanne Burroughs Widmar	33 years	Jul 18	Arlene & Charles Burroughs
Malik Boykins	12 years	Jul 18	Matissa Dunkley
Matthew Alan Haywood	22 years	Jul 18	Roger Haywood
Roy Polhemus		Jul 18	Kathleen Landry & Edward Pohlemus
David Scott Mueller	19 years	Jul 19	Sandy Eversole
Ryan Rickman	11 years	Jul 19	Jean Rickman
Amanda Stocchero	15 years	Jul 19	Sandy Stocchero
Michael Benjamin Decker	18 years	Jul 20	Mary & Jerry Decker
Veronika Olivia Baca	1 year	Jul 22	Sharon Baca
Travis Grimmer	29 years	Jul 23	Mary Lou Grimmer
Cathleen Bartlett Maxwell	6 years	Jul 24	Dick & Marty Maxwell
Travis Holappa	25 years	Jul 25	Kim & Terry Packa
Kari Ann Kirt	15 years	Jul 26	Lon & Andrea Kirt
Christie Fike	32 years	Jul 28	Shirley & Dan Emerson
Benjamin Stewart Easton	22 years	Jul 28	Susan Stewart
Nathan Gentry	7 years	Jul 29	Susan Gentry
Jimmy Schmidt	13 years	Jul 30	Jim & Laurie Schmidt
Jonathan Steven Gabriel	5 years	Jul 31	Steve & Jane Gabriel
Patricia Spain Boden	39 years	Jul 31	Myra Spain





## HEALING WORDS

### Fourth of July

Each Year on the 4th of July we celebrate the birth of a great nation - a nation of people "united" in a dream. It was through hope, determination and a bonded strength that the people of America strived to achieve their dream of freedom to be a free nation. Nothing, however, is achieved without a strong will. We, too, as bereaved parents are fighting a battle to be free - free of the pain that has become a part of our waking days. We want to be happy. We want to be able to enjoy life again. You are one of those proud Americans. Refuse to give up. Fight for your dream. There is peace to be found in freedom!

~written by a member of TCF, Homdel, NJ

### Just an Infant

We had a fine discussion, you and I, talking about those who don't understand our loss and how we feel; peers in grief. And then you asked my son's age at death, and I could see your change of attitude as I replied "three months," our talk was over. Having lost an older child you decided that what we both felt couldn't be the same, for your child was with you longer; and my child was just an infant. But our loss and our pain are not that different, for through the death of our child, we have lost the same thing; dreams of the future. Yes, you have more memories than I, but we have both lost the tomorrows of our children, and that pain knows no minimum age. God, it hurts. All of the things we've wished for our child, with no regard to age, now will not come to pass; that future is gone. Yes, my son was an infant, but that does not lessen the love that I have, as the age of your child does not affect your love; love is an ageless emotion. And when my young son died, he carried away in his little hands as many dreams, hopes, and love as your child did when he left; I miss you Alex. Doug Hughes TCR Cincinnati, OH

### Toeholds

If you are out there and haven't been able to attend a meeting - or even if you have, but still find yourself "yo-yoing," you have to know that this is the way the road to recovery is. Would that it were a road that angled straight up, but it isn't. The road is full of hills and valleys and you are first up and then down, thinking for a day or two that you have this thing under control only to find yourself down in the valley again the next day. What you can't see when you are in the middle of all this is that each time you slip back, you don't slip all the way back to the bottom of the hole. Each time you climb out, you make yourself some toeholds that enable you to give yourself a boost. You eventually learn that there are some things you can do to help yourself. These toeholds help you to inch your way to the top again. Also, they stop your slide so that you don't have to go to the bottom of that hole each time.

We make progress in such small amounts that it is difficult sometimes for us to realize that we are progressing. Try not to judge your progress from day to day, week to week or even month to month. I find that it is better for me to judge my progress from year to year. That way I can better remember how I was at handling a particular event last year as compared to how I handled that event this year. I can see my progress, and I am again encouraged to know that I am moving ahead. I'm thankful for my toeholds.

Mary Cleckley  
TCF, Atlanta, GA



## THOUGHTFUL POEMS

### God's Call - by Lucille Casey Matreci

God's call will come to all of us  
Though earthly jobs may not be through  
He wants us for eternity  
And says "Come, now I need you."

God's call will come to all of us  
We don't know how, why, when or where -  
It may be quick; it may be slow  
Sometimes we feel it quite unfair.

God's call will come to all of us  
We cannot know his reason  
When it comes, we must be ready  
Regardless of the season.

God's call will come to all of us  
On earth we must prepare  
For this everlasting journey;  
Leave those behind for whom we care.

God's call will come to all of us  
Will I accept His will?  
Can I be resigned, accept my fate?  
Or will I say, "Please, just wait until..."

When Your call comes for me, Dear Lord  
Take me, gently, by the hand  
Erase the fear that I may feel  
Please lead me to your promised land.

Help me do Your will upon this earth  
That I may heaven see  
Prayerful, Thoughtful, Heaven-bound  
When Your call comes for me.

To Eric;  
God saw you getting tired with pain,  
So He wrapped you in His arms  
And whispered "Come to Me."

The pain you went through was  
Hard to see and so He  
Gave you rest.

God's garden must be beautiful,  
He only takes the best.  
And I think of you so peaceful  
And free of pain, the times we  
Loved the times we shared.

An angels wings you were taken  
But in our hearts you stay.  
In God's light you rest until  
We meet again someday.

Love you so very much,  
Mom  
5-23-15

Denise Deming - Pikes Peak, CO TCF

### IN THE SILENCE

In the silence you hear me,  
In the silence I am here.  
In the silence you can feel me, In the silence it is clear.....  
That my spirit hasn't left you,  
I am just a thought away,  
You can see me in the shadows, Anytime you look my way.  
Look for me in the sunshine, And in the stars at night.  
In the wind, trees and flowers, Everything that is in sight.  
Talk to me, say my name,  
Know that I'm still here,  
In my death I have a new life, And one day it will be clear.  
So talk to me and look for me  
In everything you do,  
For I haven't gone so far away, I'm really right next to you





The Compassionate Friends  
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June/July 2015

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